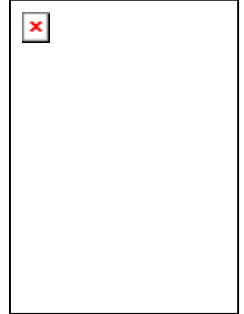
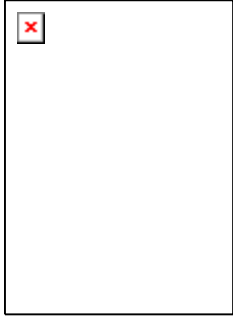


COMMON SENSE: Care for Minor Fungal Skin Infections

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1057- 01/06

These minor skin conditions such as athlete's foot and jock itch are usually caused by a fungal infection. Good hygiene is important in controlling these conditions. Antifungal cream is available in the inmate stores. Use these products as directed on the label.



1. Keep skin dry. Pay special attention to areas where the skin touches (like between the toes, the groin, the chest, under the arms, and the stomach). Be sure to pat skin areas dry after bathing/showering.
2. Eliminate tight clothing that can rub skin and increase sweating.
3. Wear shower shoes if possible in shower and locker areas so that your feet do not touch the floor.
4. If possible, wear clean dry socks when you exercise.
5. Keep your socks and shoes dry to avoid moisture remaining in contact with your feet. Air out your shoes when you are not wearing them.
6. If you sweat excessively, wash affected areas each day and change into dry socks as often as possible.

Warning: Diabetics are at higher risk for fungal skin infections (particularly in the feet). If you are diabetic and experience persistent skin problems, submit an HNR.

Other Instructions: